



Asthma News - Educational Supplement **All things AIR & GINA**

NEW

Spirometry 7 Steps

Pulmonary Rehabilitation

Coronary Heart Disease for Primary Care

Clean Air Day



**For more information and
resources click here**

Global Initiative for Asthma (GINA) Global Strategy for Asthma Management and Prevention Update

In 2019 GINA recommended that short-acting beta agonist (SABA) alone should not be used in the management of asthma in adults and adolescents. This recommendation is grounded in the growing body of evidence that the first line treatment for asthma should be/include Inhaled Cortico-Steroid (ICS)

The GINA 2022 update included:

Advice to support diagnosis in patients already established on controller (Inhaled Cortico-Steroid ICS containing) treatment

Evidence for as needed Anti-Inflammatory Reliever (AIR) therapy for mild asthma showed a reduction in severe exacerbations and ED attendances

2 different “Tracks” for treatment in adults and adolescents from 12 years of age

Track 1 – low dose ICS/formoterol as the reliever (preferred option) As needed Anti-Inflammatory Reliever (AIR) alone recommended for Steps 1-2
As needed Anti-Inflammatory Reliever (AIR) along with regular controller therapy in Steps 3-5

Track 2 – short acting beta-agonist as the reliever
Dose of ICS to be taken whenever reliever used at Step 1

Treatment for children from 6 years of age

- Low dose ICS to be taken whenever SABA taken at Step 1
- Preferred and other controller options clarified

Treatment for children 5 years and under

- Intermittent ICS considered at onset of wheezing episode at Step 1 for children with infrequent episodes of viral wheeze and few interval symptoms

A short guide to the management of Difficult to Treat & Severe asthma in adults and adolescents
Guidance about **Covid-19 and asthma**

The headlines from the recently published 2023 GINA update include:

Clarification of the difference between AIR-only (ICS/formoterol or ICS/SABA) treatment and Maintenance and Reliever Therapy (MART)

As needed ICS/SABA added as an Anti-Inflammatory Reliever (AIR) option for adults and adolescents from 12 years of age in Track 2

Advice about **medications and doses** for Track 1

Environmental considerations for inhaler choice

Updated guidance on the management of **severe asthma**

New **practical guide to the management of asthma exacerbations** including the use of AIR and MART



All GINA reports and guidance are available [here](#)

A primary Care Respiratory Society guide to the GINA Approach can be found [here](#)

Pharmaceutical Journal editorial about new licence from MHRA for intermittent use of Symbicort in mild asthma can be found [here](#)

Advice for patients about AIR from Asthma + Lung UK can be found [here](#)